DOCUMENT RESUME

ED 103 109 PS 007 717

AUTHOR Bauer, Elinor L.
TITLE Birth to Five: The "Golden Years of Opportunity."
PUB DATE Dec 73
NOTE 28p.

EDRS PRICE MF-$0.76 HC-$1.95 PLUS POSTAGE
DESCRIPTORS Childhood Needs; Cognitive Development; *Early Childhood Education; Emotional Development; *Family Environment; Infant Behavior; Language Development; *Learning Activities; Motor Development; *Parent Participation; Reading; *Skill Development; Social Development
IDENTIFIERS Crying

ABSTRACT

This paper suggests a variety of learning experiences for parents to provide for their young children from birth to age 5. The introduction stresses the need for many kinds of verbal communication between parents and child and presents a discussion of crying behaviors and the importance of reading to children. Talking and listening activities are suggested for both parent and child. The paper contains many activity suggestions for use in the daily home routine, specifically in relation to the kitchen, dining area, laundry room, supermarket, bath time, family car, and the outdoors. Some guidelines concerning the general home atmosphere and the child's care and opportunities for pleasant learning experiences are provided. (SDH)

BEST COPY AVAILABLE

U.S. DEPARTMENT OF HEALTH
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION
THIS DOCUMENT HAS BEEN REPRO-
DUCED EXACTLY AS RECEIVED FROM
THE PERSON OR ORGANIZATION ORIGIN-
ATING IT. POINTS OF VIEW OR OPINIONS
STATED DO NOT NECESSARILY REPRE-
SENT OFFICIAL NATIONAL INSTITUTE OF
EDUCATION POSITION OR POLICY.

OCT. 2 8 1974

ED103109

BIRTH to FIVE

the

"GOLDEN YEARS OF OPPORTUNITY"

Individual Study

Presented to

the Faculty of the Graduate Division

Saint Francis College

In Fulfillment

of the Requirements for the Course

---

by

Elinor L. Bauer

December, 1973

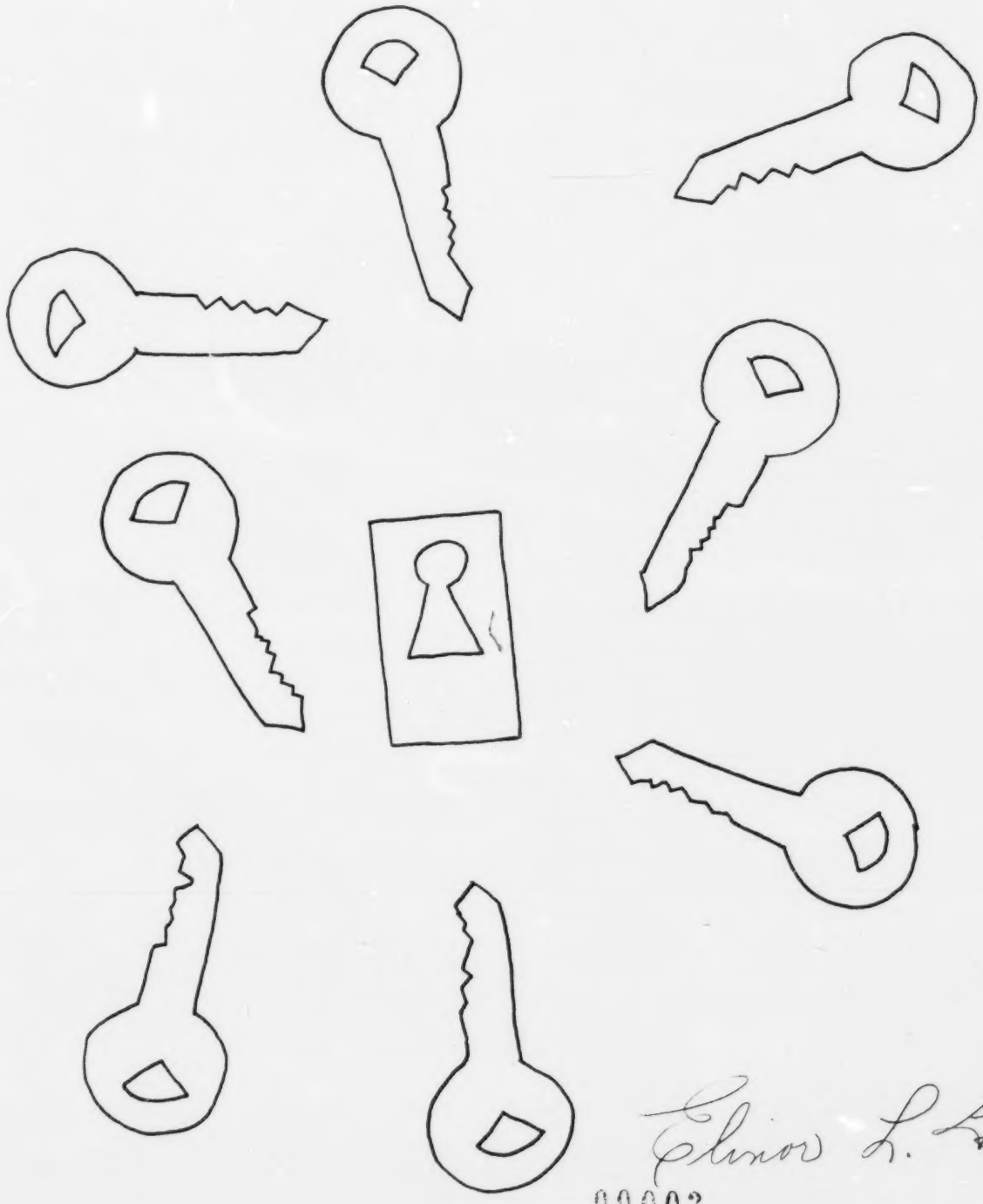
PS007717

00002

BEST COPY AVAILABLE

Birth to Five

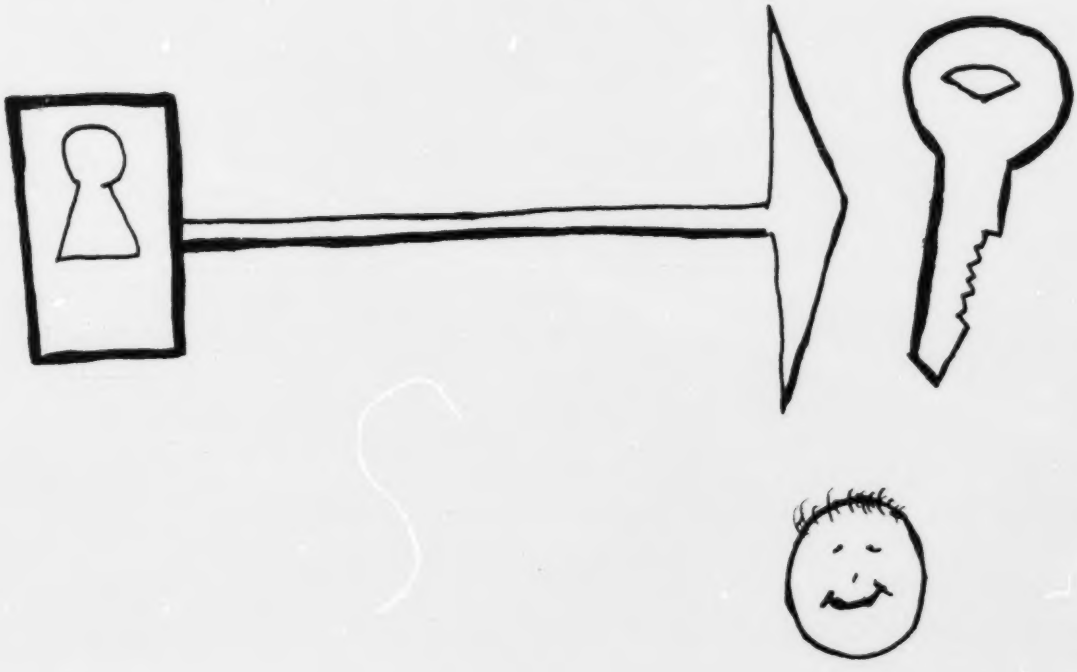
"GOLDEN the YEARS OF OPPORTUNITY"



Elinor L. Bauer

00003

INTRODUCTION



WHAT IS GOING ON HERE ???

1. Birth to six months:

A. Crying - language - learning to talk begins when your baby first cries.

B. Early crying is automatic: it just happens. Muscles tighten all over his body, including those muscles in his throat that close and open the vocal cords. He takes a breath and lets air out - it causes the vocal cords to vibrate, making the sound that we call crying.

C. Your baby discovers early that his crying can be useful. Some one will eventually come to take care of him if he cries - thus he associates his crying with the attention he gets. Your baby will learn to cry in different ways. Sometimes he will cry loud and sometimes he will whimper. It will come out with different pitches, which may be low or high.

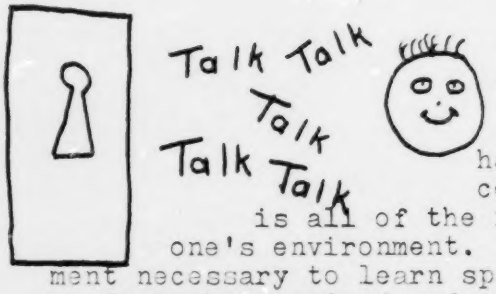
D. During this time your baby understands most of what you say by the sound of your voice combined with the gestures you use. Remember he doesn't know the meaning of words, but the tone of your voice and the movements you make reveal your emotions and mean more to your baby at this time than the words you say.

Crying is a good exercise for your baby's vocal and respiratory coordination. Crying is one of the first ways an infant uses his speech equipment. A simple cry may be a signal for help, one of your baby's first signs of communication. Soon those in the Baby's immediate environment will be able to recognize that different ways of crying mean different things. Variations of pitch, tone, intensity, and rhythm in your baby's crying may denote varying moods, desires, expressions, or circumstances.

1. Crying is your baby's language.
2. Remember your baby understands most of what you say by the sound of your voice combined with the gestures, (love pats) you use.
3. Crying is good exercise for your baby's vocal and respiratory coordination.
4. When your infant cries, he is talking to you. Learn what his different ways of crying mean.

****

THE READING EXPERIENCE IS TALK WRITTEN DOWN



Let us think of the reading experience as talk written down, and see how important it is that we understand how this talk comes about. Speech, which we call talk, is a behavior, an act, something that one does consciously. Speech is learned. Learning is all of the interaction that takes place with all of one's environment. A normal baby is born with all the equipment necessary to learn speech; but the ability to develop speech needs to be acquired and worked on. Because speech is a learned behavior, and because your baby learns from his environment, by controlling your baby's environment and experiences, you can do lots of things to help your baby learn good speech.

It is very important that you have a good relationship with your child which will help him to associate pleasant experiences with talking. It is also important to provide an environment in which it is fun to learn to talk. Try to create a relaxed family environment. Happy talk, smiles, and a soft voice say a lot to your baby; as do frowns, tears and loud voices. Encourage your child to like himself as a unique and special person, and help him to develop a healthy outlook on life. Help your child learn by using his eyes, his ears, and his fingertips to take in all that is around him. Change your baby's crib position often so that he can observe different aspects of his room. Put before him as many different sizes, shapes, and colors of objects as possible.

The enjoyment derived from making sounds encourages your baby to make more sounds. The feeling of the movements, the hearing of sounds, the act of producing sounds, are all fun events. As stated before, your tone of voice, facial expressions, and gestures reveal emotions and mean more to your baby than words. He learns to know he is loved and is important to you. Before your baby will want to talk he first must be convinced that talking is something that he wants to do. If a child has no need to talk he will not bother to learn how to talk. Speech needs to become something your child desires. Your baby needs to understand that speech can serve many purposes; through speech, he can get people to do things for him, he can please others, and make himself known.

Teach your baby to imitate; first imitate his sounds. Talk to him or imitate him when you care for him; be sure he is able to watch your face and hear you. Try to avoid distractions, like several people talking to your baby all at the same time, and too much background interference. Keep your gestures and tone of voice consistent. Try to greet him with the same greeting and use the same short phrases often, as this helps to simplify and promote learning. Teach your child nursery rhymes, poems, and songs; he will love the sounds and the rhythms you make for him. Appreciation of rhythms will help your child to learn to talk because the normal flow of speech is rhythmic. Read books to your child often. The love of

books starts at this point in your child's life. Too often we overlook this experience, thinking it should come later in his life. NOW IS THE KEY TIME. Later on you will find a section of this booklet that will help you in this area.

1. Think of the reading experience as talk written down.
2. Help your baby to associate pleasant experiences with talking.
3. Encourage your baby to make sounds.
4. Imitate his sounds: be sure he is able to watch your face and hear you.
5. Teach your child nursery rhymes, poems and songs, so he will learn that the normal flow of speech is rhythmic.
6. Read books to your child !!!!!!!!!!!!!!!!!!!!!!!!!!!!

MORE TALK AND LISTENING

Try to help your baby develop listening skills; let him hear many different sounds. Just simple everyday sounds can be entertaining and fascinating for your child. Some examples could be water running, food cooking, the telephone ringing, a dog barking, and the ringing of a doorbell. Try to connect the sound with it's source to help develop general understanding and to arouse curiosity. Take your child to the sound source and let him feel the vibrations; or see the movements that produce the sound. As your child develops his ability to discriminate between sounds, he will be better able to understand your speech and eventually produce similar sounds himself.

At about six months of age your baby will begin babbling. He will enjoy feeling and listening to the sounds he makes. He needs to associate each specific sound with the feeling for it to remember how to make it again. The ability to babble and echo babbling is of highest importance in the development of speech; the child eventually strives to reproduce his sounds; he continues to produce sound combinations over and over in a try once, try again, try harder fashion.

First you imitate your baby, then your baby will imitate himself, then your baby will imitate you. Your child will benefit from constant stimulation and motivation. Your child must learn to connect meaning with speech sounds that he hears or produces. Soon he will begin to produce sounds deliberately to express some meaning.

Reward your baby's efforts to use a word meaningfully. When your baby begins to use words meaningfully is the time for you to stop imitating exactly what he says and to start supplying him with the correct word. Don't expect your child to talk just like you. Your child will continually add new sounds to his memory and in the process of learning he will move at a rate that is unique for him. It is also important that your child realize that he is not really expected to talk just like you. If he only hears adult speech he may feel inferior because he can't master adult speech with his child's mouth, experiences, maturity, and practice. If he is given the experience to play and associate with other children, he will realize that his speech is very fitting for that of a little person, that his speech is not second rate. Don't be upset if your child quits talking when he begins to learn to walk; because he simply is trying to do too many things at one time. This is a normal occurance and probably soon after learning to walk, your child will begin to talk more than ever before. Try not to interrupt him when he is talking. As soon as your child indicates that he has reached speech maturity he should be provided with lots of occasions and reasons to speak. He should realize that through his speech he gets more of his wants than he otherwise would get. At the beginning, one word may represent an entire thought, a whole sentence. Give your child credit for his one word sentence. If your child demands "Milk;" you can assume that he is really trying to say to you, "Please, I want some milk." After your child has established a word, expect him to use it rather than a gesture. If he wants milk, expect him to make his want known by saying "Milk;" rather than by pulling on you or by pointing to his empty glass or the refrigerator.

Let your child's vocal play period complete itself. Don't rush your child when he is making sounds, give him plenty of time to finish his vocalizations; be sure he knows that you are interested in listening to what he has to say. Place your child in front of a mirror so that he can see how his mouth moves when he makes sounds. Do a lot of self-talking, talk about what you are seeing, doing, or feeling. For example, say "I see Daddy; Daddy is mowing the grass; Daddy is hot." Also talk about what is happening to your child as it happens; for example say, "You are getting a bath; the water is warm; your toy is all wet; now you are a clean baby." Try to speak very clearly, slowly, and simply. Talk to your child while enjoying activities.

When your child is about two years old you can help him learn to correct his own speech by occasionally making mistakes in your speech and casually correcting yourself. You may say, "Your thoses, no shoes, are very dirty." You can exaggerate sounds that can be prolonged in words. For example you can say "sssssssee the pretty fffffish." Never pressure your child into producing a

new sound or make him feel guilty if he cannot produce some sound. One of the most important ways that you can help your child learn to talk is to talk with him. Say, "Would you like to go outside with me?" rather than "You are going outside with me." Make speech serve a real purpose; give your child a choice between two options. For example, ask him "Would you like ice cream or a piece of candy for dessert?" Ask your child lots of questions and answer all of his questions.

It is important to realize that repetitions, pauses, backing up, and holding onto sounds are very normal parts of a child's speech. Don't over react to the disruptions in your child's speech, be patient and look for the overall thought being presented rather than at the specific characteristics of a single utterance. There are definite ways to react to your child's nonfluency, things that you can do to reduce your child's chances of becoming a stutterer. Pay attention to your child when he talks, give him the floor, and value what he says. When your child is upset or really excited, don't demand speech from him. Do not put your child on exhibition for friends or relatives. Talk to your child easily and deliberately. Don't interrupt him, filling in missing or searched for words. Do not make suggestions to him about talking in a better or different way. Try to keep your child from failing whenever possible. Reassure your child that the trouble he has with some words is normal. It is important for you to remember that eighty-five percent of all children who are two to six years in age show hesitations and repetitions at times when they are talking. If your child becomes startled by words he has said nonfluently, you should calmly reuse the words in a normal natural way. Try to casually accept his nonfluencies, change the topic of discussion or shift his attention to something else. Tell others not to imitate or joke about his nonfluent speech. Never discuss your child's nonfluency when he can overhear you.

When your child reaches about three and one half years of age you should encourage him to imitate you. Praise and reward him often for his speech efforts. Talk with him as much as possible. Try to extend his conversation, elaborate things he says, and question him to dig deeper into his thoughts.

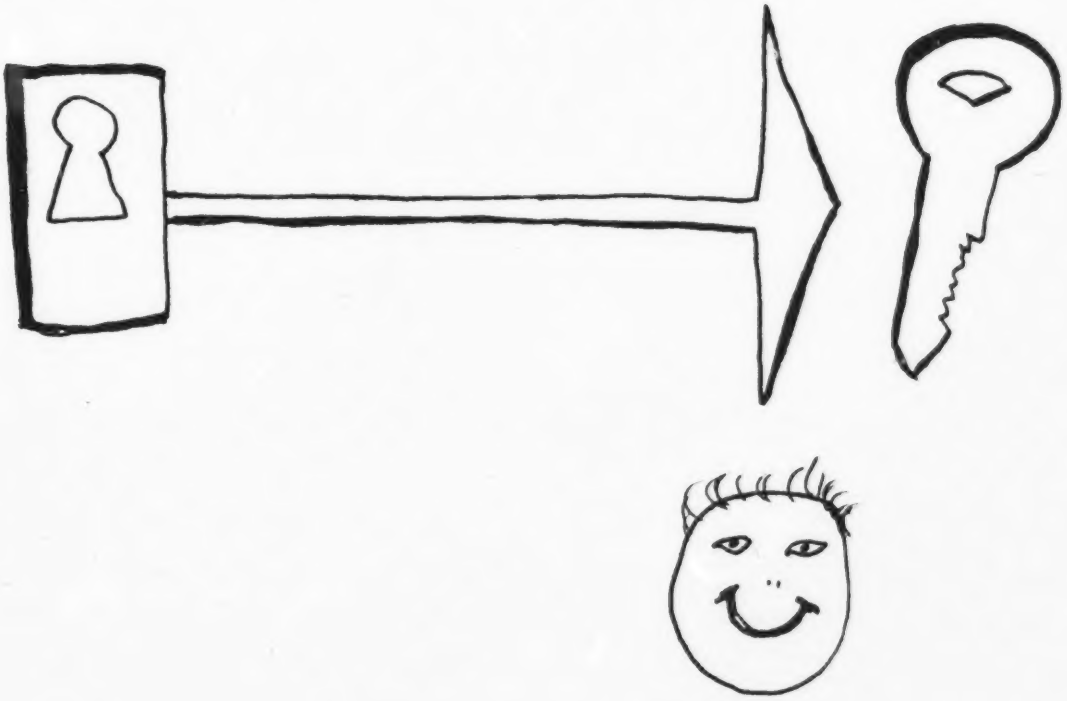
It is of vital importance to allow your child to grow at his own pace. It is important to give consideration to the average developmental stages of speech; but don't be too much concerned if your child hasn't developed "perfect" speech by the time he goes to kindergarten. When your child is in kindergarten we will listen to his speech and decide if he needs extra attention to develop good speech or if maturity and his general school work will do the job of promoting good speech for him.

Have fun !!!!!!!!!! Remember you are his key model.

Talk and Listen !!!!!!!!!!!!!!!!!!

1. Let your baby hear many different sounds.
2. Babbling is an important learning experience.
3. Reward your baby's speech efforts.
4. Do not pressure your child into producing new sounds.
5. Make speech serve a real purpose for him.
6. Do not discuss your child's speech when he can overhear you.
7. Allow your child to grow at his own pace.

BIRTH to FIVE
the
"GOLDEN YEARS of OPPORTUNITY"



BIRTH to FIVE
the
"GOLDEN YEARS of OPPORTUNITY"

The Golden Years of joy, opportunity for development, and responsibility are yours. You as parents are experiencing the period of time when you are the key models for your child. The time will soon slip away from all of you and outsiders will start to assume some of the responsibility for the development of his personality, his skills, and his activities that will help him to function to the best of his ability in our changing society. Even though both Mother and Father may be employed outside of the home, it is possible to make the most of those precious hours you have with your child by working with him at the same time you are doing your household chores. The following activity is the only one that must be done daily in some way. It will require at least ten minutes of your time which you will set aside just for him. If you do as suggested, you will be giving your child something that may be as valuable to him now as a college education later on.

For the very young child, younger than eighteen months, the books you read to him need not "make sense". The infant needs physical and verbal attention to promote his normal development. Sounds are intriguing to your infant. Place him so he can see your face; let him feel your lips and throat as you read to him. Speak with a soft warm voice and don't rush through the book. Pictures provide a fun experience for him as well as what you are reading. Ask your infant questions about the book; and you may be totally surprised to receive an answer at an early age.

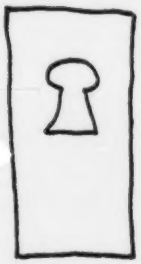
A love for books and the ability to use them does not just happen. It is a learned experience. Provide your child with books that are his very own. The inexpensive cloth type at first, and later on the paper backs will be just as valuable to him as the expensive varieties. If you have the time, a trip to the local library is very good. Some libraries do have a story time for the very young child.

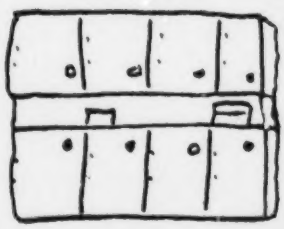
Dad, this is a good area for you to get in on the fun and get to know your infant better. Reading to your child will be very rewarding for both of you. If you aren't careful, you may become the model your infant will think of as the person who always gives out the "no, no", "don't do that", "don't touch", and etc. Let him know you really care.

1. Read to your child.
2. Question your child about what he sees and hears as you read.
3. Provide your child books that are his very own.
4. Remember you are his key models: if he sees you reading something, he will want to learn to do likewise.

****

KITCHEN





Since all of us must spend some time in the kitchen, let us plan to make this a fun time with our infant while we carry out our duties. Take your infant to the kitchen with you and get him busy. If you are mixing a cake, tell him what you are doing and why you are doing it. Tell him to listen for the sound of the mixer. Ask him to try to make the sound he hears. Name the ingredients as you put them together. Have him smell the flavoring. Give him a pan and a rubber spatula; or a wooden spoon and show him how to mix. This will keep him interested and help to develop his muscles at the same time.

If you are peeling potatoes, tell him what you are doing. Label everything you use, as he can only learn these things with your help. Give him a potato, and tell him it is hard and round. Later on he will learn that many different things happen to the potato when it is boiled, baked, mashed, fried and etc.

When your infant starts to bug you by trying to get into the cupboards, you can be very thankful, as you have an alert child. He wants to explore. This is a good time to give him a small amount of cupboard space that is his very own. He can best learn respect for the <u>can not</u> area if he has a <u>can</u> area. Equip his <u>can</u> area with empty plastic bottles, plastic dishes, large spoons and anything else that will not be harmful for him to use. When he starts to get into the <u>can not</u> area, direct him to his own area and then question him about what he is going to use, and what he is going to make.

The kitchen is a great place to learn shapes and sizes.

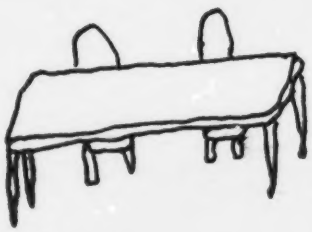
Pan lids and pans are usually round. Talk about these shapes and refer to the big pan, little pan etc. As you use bottles, you can talk about tall bottles, short bottles, full bottles, half full bottles and empty bottles. As you use boxes, discuss what is in the box, and what you will do with the contents. Compare the size of boxes, using such concepts as large, small, big, bigger, and etc. It is good to give the child an empty box to play with. When you empty a box of salt, put a few dry beans inside and tape the opening shut. Your child will appreciate and value this as much as any toy you could purchase for him. He will value it because he has seen you use it and knows it is important to you. Now he has it and he also feels it is important to him. He will shake it and gain muscle strength as well as enjoyment.

That small piece of pie dough which you have left over and will throw away can become a source of enjoyment as well as a great learning experience for your child. The pleasure he will gain from the feel is a joyful experience. If you give him a small pan and allow the child to create his own pie, he will feel very important.

1. Help your child become aware of the things you are doing and why you are doing them.
2. Help him become aware of how things smell, taste, look and feel.
3. Help him to become aware of the many sounds around him.
4. Create a place in the kitchen for his cooking things.
5. Create activities for him to become a part of what you are doing.
6. Discuss shapes and sizes as you work with different objects.

****

DINNING AREA



When you start to set the table, you have many opportunities for interesting learning situations. First, it is important for your infant to know that he is a part of

the family. Just naming the members of the family as you place the plates on the table is important. Ask your child questions such as "Who will eat from this plate?" Make sure he knows he has a place just for him even if he is to be in a high chair.

Count the members of your family as you set the table. Your child will soon learn number concepts if you follow through the same procedure as you place the plates, knives, forks, spoons, and etc. on the table. He will be aware of how many people are expected to be at the table. If a member is going to be absent for a meal, stress the fact that you will need one less plate, one less spoon and etc. The same is good to use if you are having a guest, as you will need one more plate and etc. Soon your child will start to associate numbers with objects. This is very important and meaningful.

You can talk about putting the silverware beside of the plate. The glass will go in front of the knife, and etc. Later you can talk about what goes on the left side of the plate, and what goes on the right side of the plate.

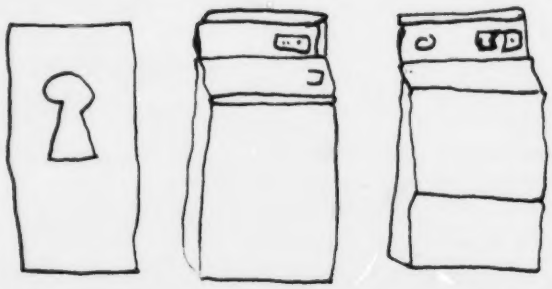
If your plates and goasses are of a colored variety, it is fun to name the colors. Maybe your dishes will have a design which you could talk about as you place them on the table. Don't over look the opportunity to use concepts of round, tall, large and small.

Make eating a happy time for your child. As he starts to want to feed himself, allow him to have his fun. He will only learn by "doing" in this stage of his development. When other members of the family are talking, he will want to join in. Remember this is important to him, although he may have trouble expressing his thoughts.

1. Add meaning to numbers for your child as you set the table.
2. Use concepts of one plate, one knife, one fork, one spoon etc., for each member of the family.
3. Group things together by talking about the total number of plates, knives, forks and spoons.
4. Discuss color, shape, and size.
5. Make eating a happy time.
6. Remember to use one less and one more.
7. Use the terms of left and right.

****

LAUNDRY ROOM



It may take a few extra minutes to get the clothes into the washer; but allowing your child to help is a fun way for him to become familiar with colors and the various pieces of clothing.

When you are going to wash a load of colored garments, have your child hand each piece to you and name the color. You can vary this by saying "hand me Dad's red shirt" and etc. Another way to help is to use association of color such as "can you hand me something that is the same color as the grass outside?".

When you remove a load of towels and wash cloths, you can teach your child many concepts as you fold them. The towels are long and straight. The wash cloths are small and usually square. He will enjoy trying to fold them all by himself. As you fold the towels, discuss putting one on top of another, and that the stack is getting higher.

Folding sheets and pillow cases can become a fun adventure when you talk about length, width, size and shape. As you fold the sheets they become smaller and smaller. You can create many learning experiences here by using terms such as top sheet, bottom sheet, and etc.

Matching pairs of socks is fun for a small child. Association of color and size can be learned here. If your child experiences difficulty in this area, give him three socks and help him select the two that go together.

1. Learn to label colors while loading the washer.
2. Help your child become aware of all of the different garments worn by the members of his family.
3. Help him become aware of length, width, straight, large, small, square etc.
4. Help him learn to match pairs by putting pairs of socks together.

****

SUPER MARKET

Let us help the child get things together in the super market. Take him along even though it may take a little more time. Just introducing him to large areas at first is a good learning situation. He will soon learn the fruit area, the vegetable area and etc. Later he will be able to learn the names of many fruits; many vegetables; many kinds of meats; and be able to identify them wherever he sees them.

As you walk by the different areas, point out the many colors and shapes. Name the articles you are putting into your cart. Your infant will be building his vocabulary and learning the meaning of the words. If you have a favorite brand which you purchase each week, you may be amazed to find your very young child going to that area for the product.

If it is possible, allow your child to select some item that is just for him. Maybe he needs something for his place in the kitchen cupboard. With all of the things available in the super market today, it shouldn't be too difficult to find something he can use. This is important in many ways. First of all your child will feel important, and have something to look forward to if you make plans for his purchase before you go shopping. This could be used as a reward if he has reached a goal or followed through with some request you have asked him to do. He may see many things he wants; but if you have agreed before what he is to purchase, it is important that you draw his attention to this item. He will learn to follow through with a decision.

When you start to put the purchases away, don't miss the opportunity to talk about the different articles. Encourage your child to tell you about his purchase. Ask questions such as, "What did you buy?"; "What will you do with it?"; "Where will you keep it?"; and "What do you like about your_____?". You can introduce concepts such as a dozen of eggs, a gallon of milk, a pound of sugar and etc. As you put things into the refrigerator, discuss the concept of cold, keeping cold, and spoiling if they are not put in the right place. Remember to keep talking to your child. Use language instead of gestures whenever you can. Talk in sentences, and avoid pointing to show him what you want. Help him get things together by discussing such items as face soap, bath soap, dish soap, and laundry soap.

1. Take your child to the super market with you.
2. Discuss large areas such as the fruit area, vegetable area and etc.

3. As your child develops his vocabulary, discuss the many kinds of fruits, different kinds of vegetables, and etc.

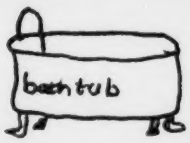
4. Help him become aware of colors, shapes, and sizes.

5. Allow your child to select something worthwhile just for him.

6. Keep him talking !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

****

BATH TIME



When your infant is small, you will find it is fun to take time to touch his nose, his ears and other parts of his body. You can say, "This is _____'s nose", and etc. during the bath time. He will start to realize that his body is interesting. It is important that he learn all that he can about himself as this in turn will help him be more aware of how he functions and interacts in his world. He will learn that he is an important individual.

Early concepts of the feel of the warm wash cloth and getting wet can be learned here. Keep talking to your baby while you bathe him. Discuss getting clean and feeling clean. Make bath time a happy time. Name the articles of clothing as you put them on your baby and tell him he is a pretty baby. Again he will be learning that he is important.

When your infant is big enough to be in the bathtub, you have many opportunities for learning experiences. You can talk about the warm wet water, the soap that will get him clean, the color of the wash cloth and anything else you may think of at this time. This can be a fun time to play games that will help him learn that he has a right side and a left side. You can tell him to wash his left ear with his right hand and his right ear with his left hand. This will help him become aware of working with both sides of his body.

Another area you can be looking for here is which hand is going to be the main hand your child will be using. If you put a small toy in the bathtub with your child you can watch to see which

hand he uses to reach with to get the toy. If he has a tendency to switch back and forth, you can try other things in this area when he is playing. One way would be to put a tiny object on the floor and watch to see which hand he uses to reach for the toy. You may want to try this several times using a different tiny object each time. Encourage your child to use the hand he has used the most times in other activities in order to establish the main hand he will be using.

Your child may want to splash and play in the water. This can be a fun experience for him and help to develop his muscles at the same time. Be sure to stay with him, as he could get into big trouble if he is left unattended.

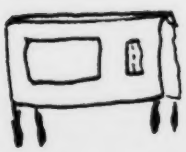
If your child is afraid of the water, you can help him to overcome the fear by having him first put just one hand into the water. Talk to him about the feel of the warm water and how good he will feel when he gets all wet. Keep talking and listening as you put him into the water. Discuss concepts of getting wet, warm water and feeling clean. As you wash his back, tell him you are washing his back because he can not reach all of this part of his body. Discuss the colors you can see such as the soap and the wash cloth.

When you are finished, talk about getting out of the water and getting dry. He will have fun knowing that the towel will be getting wet while he is getting dry. If he wants to try to dress himself, encourage this as he can only learn by doing. Talk about what he is putting on and what he will do next.

1. Help your child to know the parts of his body while giving him a bath.
2. Help your child learn the important concept of being aware of his right side and his left side.
3. Observe which hand he uses as his main hand.
4. Talk about getting wet, clean, and dry.
5. Make bath time a fun time for your child.
6. Be sure to stay with your young child while he is in the bathtub.

****

TELEVISION



Television can be very worth while in helping to promote interesting learning experiences for your child. There are many good children's programs which your child will enjoy. There can be a danger here if you use the television as a baby sitter and your child learns to depend upon television for his entertainment. This can be a trap, as your child may want to watch many programs. Remember you can control the switch; but you must have something interesting to offer your child to do.

As your child is watching television programs he will be learning new word meanings. You can help him by asking what he is watching. If for instance, he says "A bunny", you can help him with association by asking if the bunny is like the bunny in his book or any other bunny you can relate with this experience.

If you are busy and your child is watching a show, have him tell you about it when it is over. If he can not recall what it was about, have him close his eyes and think. It is important that he learn to record in his mind what is going on around him.

If you are watching a television show with your child, you can add to his learning experience by asking questions such as, "What do you think is going to happen next?"; "Why did _____ do that?"; and anything else that fits into what you are watching. If people are in your show, you can talk about the tall man, short man, long hair, short hair, long dresses, short dresses and etc. If you are watching in color, you can find many opportunities to discuss the colors.

Something that can be added here is telling time. As your child grows older, he may have a favorite television show which he wants to watch each day. Show your child where the hands on the clock will be when it is time for his show. If you have an old clock around, you could place the hands to his time and he will soon learn to watch the moving clock hands and tell you when it is just like his clock. If you don't have an old clock, you can make one out of cardboard that will be just as good for this activity. This is a good time to learn a new meaning for using numbers. Do not expect your child to learn to tell time; but use this opportunity to help him associate the use of numbers in many fun ways.

Imaginations need to be fed and nourished, not punished. At best, television for children is like watching puppets that are not real. A child may just be watching the movement on the screen and not really understanding what is taking place. Later when your child starts to learn to read, he may experience many problems if he has not had many experiences in interpretation. Your child

must be able to feel empathy, the ability to put themselves in another person's role. Initially learning to read is much a guessing game, where the child interprets, decodes the first letter of a word into a sound and then imagines what could complete the word. Interpretation is vital in uniting separate words into a total thought, especially when some of the words are question marks in the child's mind.

1. There are many good children's programs which your child will enjoy.
2. Your child can learn new word meanings from television.
3. Help your child recall what he has watched.
4. Discuss cause - and effect ideas.
5. Do not allow your child to sit passively for hours just watching television.

****

FAMILY CAR

When your child is very young, you can talk about where you are going. If you are going to visit relatives, discuss the family relationships such as aunt, uncle, grandparent, cousin, and etc. It is important to your child to know he is part of a family.

As your child grows older, he will enjoy having you point out things such as people, other cars, buildings, and etc. to him as you travel. Awareness of what is going on around him is important. Discuss the concepts of going fast and going slow; starting and stopping; and any other feeling you can think of as you travel. Don't miss opportunities to listen for and identify the many sounds that you will experience.

If you travel the same route many times, it will become familiar to your child. It is fun to question him as to which way you should turn. If he can tell you the correct way, be sure

to praise him, as this will encourage him to take notice of where he is going.

Remember to keep labeling the many things you see as you travel. When you are in the country, you can talk about the farm animals and the farm equipment. If you live in the city, it would be very worth while to visit a farm and give your child the experience of being on the seat of a tractor, seeing many farm animals, and being inside of a barn. Your child could start to associate the milk he sees in a glass with the cow on the farm, and the egg he eats with a live chicken. These are concepts which must be learned, and learning them at their source is interesting.

Many other concepts can be learned as you travel in the country. Your child will enjoy learning that many trees growing together make up a forest. Compare the size of a mud puddle with a large body of water when you pass a lake or river. If you are going over a bridge, your child will enjoy learning about the banister.

When you are in the city, you can talk about the large buildings, the many houses close together, the many cars, and the many people. You can show your child other ways people travel such as in city busses, taxicabs, passenger trains, and airplanes. This is a good place to stress safety in crossing the busy streets. Teaching respect for traffic signals is very important as your child must be taught that he has to conform to some rules if he is to function in society. He should also be taught to respect the instrument panel of your car as it is an area where only the driver has the right to operate the many gadgets.

Remember you are the key model for your child. Teach him safety habits by discussing the proper way of using the seat of the car so he will not be harmed if there should be an occasion for a sudden stop. When you get out of the car stress always walking in front of the car. He will soon become aware of the best way to conduct himself and learn to accept responsibility.

Help your child enjoy long trips by observing billboards and signs. Look for repeated shapes, words, colors and designs; then have your child try to draw what he has observed. Counting red cars, blue cars and etc. can be fun for children if you make a game out of the experience. Let your child know he is important and he will be more alert to his travels.

1. Discuss where you are going.
2. Help your child become aware of his surroundings as y u travel.
3. Teach your child to respect traffic signals.
4. Remember you are the key model for your child.
5. Play games with your child if he becomes restless during a long drive.

****

OUTDOORS

The great outdoors holds many worthwhile experiences for your child. He becomes bored inside and wants to explore behond his customary surroundings. When he is very young, he can learn values that will remain with him throught his entire life. Even before your child can walk, it is important that you teach him to touch many things outside. Just taking him outside and showing him a tree can be very interesting. Concepts of standing on the ground, standing under the branches of the tree, looking up at the tree and walking around the tree will help your child understand where he is in relation to space. As you walk away from the tree, you can look up and discuss the sky, and look down to see what you are standing on. Put him down in the grass and talk about the soft green grass.

Teach your child to value the beauty found in nature. He will want to help in keeping his environment beautiful when he is older. Show him the flowers and allow him the pleasure of holding a flower in his hand. If it is possible, plant a flower garden so he can watch the seeds going into the ground, plants coming up and later flowers blooming. A flower garden or a vegetable garden is a good place to discuss the many colors. You can associate a red flower with a red shirt, or a red dress, etc.

Learning the different things that take place during the many weather changes is fun. Feeling the warm breezes against a young face is thrilling. The sting of rain can be learned as something we must learn to experience, as it is just another form of water only this time it is coming from the sky. Learning to expect thunder and lightening before and during a storm will ease the fear of storms. Remember you are his key models, and he will react in a manner similar to your reactions. During a snow fall you can take a piece of black material outdoors and catch some snow flakes. It is interesting to study the different shapes and talk about how the snow is formed. As the snow starts to accumulate, you can show your child foot prints in the snow. When he is older he will enjoy playing in the snow. If he is dressed warm enough, it is interesting to have him lie down in the snow so that his body makes an indentation. When he gets up, he will have a concept of how large his body is, and how the different parts of his body form different shapes.

Take walks with your child. Remember to walk slowly and keep talking. Show him berries growing in summer, and allow him to pick some and eat them directly from their source. Also teach him to be aware of the fact that some berries are not good to eat. If possible, take him to an orchard where he can see

the fruit growing on the trees. Worn him about harmful things such as poison ivy. Teach him to look for different kinds of birds and butterflies. A bird feeder placed near your home can be a good learning experience.

Having a pet is an experience that can teach many concepts. Perhaps the most important concept is that of responsibility. If you delegate the responsibility of feeding and caring for a pet to your child, he will learn that the pet's livelihood is dependent upon his constant care. Your child will enjoy having an animal to care for, play with and give commands. An early enjoyment of any type of wild life will help your child to respect the laws of nature. The concepts of the life cycle from birth to death can be learned through experiences with animals.

A picnic is a good place to learn enjoying the atmosphere of people having fun outdoors. If your child is too young to play with other children, you can play meaningful games with him. Give him a spoon and have him do fun things such as putting the spoon under the table, beside the table, on the table and etc. You could have him bring you small stones, sticks, flowers and etc. Help him count them and arrange then into sets, such as five stones, etc. Also arrange stones from the smallest to the largest and etc.

Outdoor fun times will give you an opportunity to observe your child as he develops new skills. Show him how to hop on one foot and then the other. Race with him to different points, allowing him to win sometimes. Skipping is fun when your child learns how to maneuver his body in this manner. If he is afraid to try a new experience, the magic power of "Sure you CAN!", may give him the extra amount of courage. Playing games such as "Simon Says," can help in developing many skills. An example would be to have a large ball. You could give commands such as; "Simon Says, kick the ball with your right foot." If you give a command without "Simon Says," your child would not follow through with the command. He will learn to listen for "Simon Says," and the command. Give your child turns at giving the commands to you. This will require him to make a decision, give a command, and check your response. Deliberately making a mistake will give you an opportunity to observe if he is paying attention. If he becomes upset with you when you do not obey his command, you can use this opportunity to help your child see that other people do make mistakes. You can help him to develop a tolerance for criticism by learning "excuse me" and "I'm sorry."

Teach your child many games that he can play outdoors. Have other children his own age come to play with him and allow him to visit other children in their play areas. Establish boundaries that are safe and enforce rules of safety. Praise your child when he abides by the rules; but remember to be consistent in enforcing rules. He must learn that you are going to carry through with your decisions and he must listen the first time.

1. Take your child outside and teach him to touch many different things.
2. Teach your child to value the beauty found in nature.
3. Teach your child about the many weather changes, and what he can expect during storms.
4. Take walks with your child and keep talking to him.
5. Allow your child to enjoy the experience of caring for, playing with and giving commands to a pet.
6. Play "Simon Says" games with your child to help him develop skills in listening and following through with commands.
7. Teach your child many games, and allow him to play with children his own age.
8. Establish boundaries that are safe and enforce safety rules.
9. Be consistent in enforcing rules.

****

A HAPPY HOME = A HAPPY CHILD

Your child must have plenty of rest and sleep if he is to be happy. He must learn to enjoy eating at regular times if his body is going to function well for him during the day. Since each child requires different amounts of rest and food, you will need to help him regulate his activities and food intake. He should develop a good attitude toward nutrition. Encourage him to taste many foods, but do not be too forceful in this area.

The many concepts of simple health and hygeine should be taught and reinforced each day. Your child should have his own tooth brush and a place to keep it that is within his reach. Putting a towel rack down low enough for your child to reach will encourage him to want to wash his hands after "going to the bath room," and before eating. This will also teach him that he must

put the wash cloth and towel back in place when he is through with them. If your child has a small stool he can stand on to reach the water supply and soap, he will learn to become independent in this area at an early age. Be sure to teach him that he can be hurt if he uses too much hot water. Praise him for all attempts and let him know how proud you are of his accomplishments. Discuss the concept that germs can cause people to become ill. If he has a cold, encourage him to use a tissue if he has to sneeze or cough. Also discuss how germs can get into his body if he puts unclean things into his mouth.

Accept your child as he is. Do not expect him to be, or try to mold him into being like someone else. Help him build confidence in himself by letting him do things for himself and showing him how pleased you are when he does something that is an accomplishment toward becoming independent. Remember he must learn the joy of doing things for himself. If you always zip his zippers, button his coat, tie his shoe strings and pick up his toys, he will not learn that he has to assume some of the responsibility for taking care of himself.

Sometimes you will ask him to do things for you which will not be directly related to helping himself. An example would be to ask him to bring you something that you need which is in another room. He would be doing something to satisfy you and he should be praised for this accomplishment. He will learn that all members of the family, including him, must assume some of the responsibility for maintaining a happy home.

A bulletin board can be used for many worthwhile learning experiences. Just displaying items that your child has created will give him a sense of pride and encourage him to do more creating. If he does something that you are proud of, put up a smiling face. If he is disobedient or destructive, let him know you are sad by putting up a sad face. Make it clear that you still love him, but his actions have made you sad. A calendar is a fun way to learn the days of the week and a good number experience. Circle important dates, such as birthdays and mark off the days as they pass. This will help your child become aware of another aspect of time.

Your child needs a place where he can be alone. This should be big enough for him to work and play if he feels the desire. There are times when this is important to him because he will feel he is being "bugged" by other members of the family and will want to think things out for himself. If this is his bedroom he could have a place for things that are his very own. If other people learn to respect the things that are very dear to him, he will learn to respect the property belonging to other people in return. Also he could store the things that he will want to share with others from time to time in this area. Teach your child to print his name, and he can label the things that he feels are really his. Your child must learn that play time

with his toys is always followed by pick up and put away time. He will learn the sad way if he forgets and someone steps on a favorite toy.

Your child will learn to enjoy and appreciate music if you expose him to soft music which will create a feeling of calmness and contentment. He will learn the feel of music by learning to sing many songs. This is important as he will be learning to match the sound and learning to retain the words. A toy musical instrument will help him to experience the feeling of rhytnm, give him another opportunity to express himself, and a feeling of accomplishment.

Have a birthday celebration for your child. Allow him to be the honored guest, choose the people he wants at his party, and the variety of cake he wants for his day. If possible, take many pictures of special events. Later as you review his pictures, you can show your child how he is growing up and discuss the many things he can do since he is getting so big.

Putting a hook down low enough so your child can hang up his own coat is a good learning experience. Sometimes a child will get into trouble if he throws his things down when he comes into the house. Providing a place for his clothing will avoid many problems and teach him to be responsible for his own clothing.

Your child will need to learn many concepts about money. It is important that he learn the different coins by their names. As you discuss money, he will learn it is important to you, so it will become important to him. If you provide a bank for him, stress the fact that he is saving his money for a purpose. Just putting it into a bank isn't much fun for a child unless he has some concept of why he is saving his money. Your child will learn at an early age that money has purchasing power.

The manner in which you help your child prepare for bed can determine the way he will rest. Tucking your child into bed with a feeling of love and security will tend to help him experience a feeling of relaxation. If you favor a bed time prayer, your child may experience a greater degree of security. Remember he is an individual with feelings, and he may need to be reassured during the night.

1. Teach your child simple health and hygeine habits.
2. Accept your child as he is.
3. Praise for any accomplishment that will help him to become independent is important.
4. Have a bulletin board to display his creations.
5. Provide a place where your child can play, work, and think alone.

6. Help your child to learn that play time with his toys is always followed by pick up and put away time.

7. Help your child to enjoy music.

8. Have a birthday celebration for your child.

9. Put a hook down low enough so your child can hang up his coat.

10. Teach your child about money.

11. Tuck your child into bed with a feeling of love and security.